


# 2026 May

 **Centre Name:** AAC (Bukit Merah)  
 **Centre Address:** 117 Jalan Bukit Merah #01-1683 S160117  
 **Centre Contact:** 8163 2631/ 6273 2969



MON

TUE

WED

THU

FRI




SAT

				1	2
				CENTER CLOSED Whole Day	
				CENTER CLOSED Whole Day	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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MON

TUE

WED

THU

FRI




SAT

4	5	6	7	8	9
<p><b>SGH Community Nurse Post BAY B</b> 9am - 11am</p> <p><b>Senior Exercise BAY A</b> 9.30am - 10.30am / 10.45am - 11.45am</p> <p><b>Hay Dairies Goat Farm</b> 9am - 12pm</p>	<p><b>SGH Community Nurse Post BAY B</b> 9am - 4pm</p> <p><b>SPH-Current Affair BAY A</b> 10am - 12pm</p> <p><b>Meditation Programme (MEN) BAY D</b> 10am - 11am</p>	<p><b>Drone soccer competition training session 1 of 4</b> 930am - 1230pm Clementi CC</p>	<p><b>Zumba Gold BAY A</b> 10am - 11am</p> <p><b>Chair Zumba BAY A</b> 11.15am - 12.15pm</p>	<p>CENTER CLOSED Whole Day</p>	
<p><b>Let's Lim Kopi (MEN) BAY C</b> 2pm - 4pm</p> <p><b>Rummy O Game BAY B</b> 2pm - 4pm</p> <p><b>Chair Yoga BAY A</b> 3.30pm - 4.30pm</p>	<p><b>KTV Together Karaoke BAY D</b> 1pm - 4pm</p> <p><b>Acrylic Painting BAY C</b> 1.30pm - 3.30pm</p> <p><b>Relaxing Yoga BAY A</b> 2.30pm - 3.30pm</p> <p><b>Relaxation Singing bowl Sound bath 1/4 BAY A</b> 4.00pm - 5.00pm</p>	<p><b>312 Meridian Exercise BAY A</b> 1pm - 2pm</p> <p><b>Ukulele BAY C</b> 1.30pm - 3.30pm</p> <p><b>Paper Quilling Art BAY D</b> 2pm - 3pm</p> <p><b>Rummy O Game BAY B</b> 2pm - 4pm</p> <p><b>Singing Class BAY D</b> 3.30pm - 5pm</p>	<p><b>TCM BAY B</b> 2pm - 4pm</p> <p><b>Steel Combat Lite (MEN) BAY D</b> 3pm - 4pm</p> <p><b>Steel Combat (M+W) Blk 118A Playground</b> 6pm - 7pm</p>		<p>CENTER CLOSED Whole Day</p>

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MON

TUE

WED

THU

FRI

SAT

11	12	13	14	15	16
<p><b>SGH Community Nurse Post BAY B</b> 9am - 11am</p> <p><b>Senior Exercise BAY A</b> 9.30am - 10.30am / 10.45am - 11.45am</p>	<p><b>SGH Community Nurse Post BAY B</b> 9am - 4pm</p> <p><b>SPH-Current Affair BAY A</b> 10am - 12pm</p> <p><b>Meditation Programme (MEN) BAY D</b> 10am - 11am</p>	<p><b>IMDA Talk - Topic: Store, Retrieve and delete information on mobile Talk [D]</b> 10am - 11.30am</p>	<p><b>Walking Football Championship 2026 (Training) @ Delta Sport Center - 3/9</b> 9.45am - 11.30am</p> <p><b>Zumba Gold BAY A</b> 10am - 11am</p> <p><b>Chair Zumba BAY A</b> 11.15am - 12.15pm</p>	<p><b>Taichi BAY A</b> 9.30am - 10.30am / 10.45am - 11.45am</p> <p><b>SG Active Morning Exercise Blk 118 Pavillion</b> 11.15am - 12pm</p>	
<p><b>Let's Lim Kopi (MEN) BAY C</b> 2pm - 4pm</p> <p><b>Rummy O Game BAY B</b> 2pm - 4pm</p> <p><b>Chair Yoga BAY A</b> 3.30pm - 4.30pm</p>	<p><b>KTV Together Karaoke BAY D</b> 1pm - 4pm</p> <p><b>Acrylic Painting BAY C</b> 1.30pm - 3.30pm</p> <p><b>Relaxing Yoga BAY A</b> 2.30pm - 3.30pm</p> <p><b>Relaxation Singing bowl Sound bath 2/4 BAY A</b> 4.00pm - 5.00pm</p>	<p><b>312 Meridian Exercise BAY A</b> 1pm - 2pm</p> <p><b>Ukulele BAY C</b> 1.30pm - 3.30pm</p> <p><b>Paper Quilling Art BAY D</b> 2pm - 3pm</p> <p><b>Rummy O Game BAY B</b> 2pm - 4pm</p> <p><b>Singing Class BAY D</b> 3.30pm - 5pm</p>	<p><b>TCM BAY B</b> 2pm - 4pm</p> <p><b>Dementia Prevention - Healthy Tec (½) BAY A</b> 2pm- 4pm</p> <p><b>Steel Combat Lite (MEN) BAY D</b> 3pm - 4pm</p> <p><b>Steel Combat (M+W) Blk 118A Playground</b> 6pm - 7pm</p>	<p><b>CENTER CLOSED Half Day</b></p>	

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MON

TUE

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THU

FRI



SAT

18	19	20	21	22	23
<p><b>SGH Community Nurse Post</b> <b>BAY B</b> 9am - 11am</p> <p><b>Senior Exercise</b> <b>BAY A</b> 9.30am - 10.30am / 10.45am - 11.45am</p>	<p><b>SGH Community Nurse Post</b> <b>BAY B</b> 9am - 4pm</p> <p><b>SPH-Current Affair</b> <b>BAY A</b> 10am - 12pm</p> <p><b>Meditation Programme (MEN)</b> <b>BAY D</b> 10am - 11am</p>	<p><b>Drone soccer competition training session 2 of 4</b> 930am - 1230pm Clementi CC</p> <p><b>Repair Kopitiam 修好铺</b> <b>BAY A</b> 10am-12pm 早上10点至12点</p>	<p><b>Zumba Gold</b> <b>BAY A</b> 10am - 11am</p> <p><b>Advance Care Planning Talk ACP (English)</b> <b>BAY D</b> 11am - 12pm</p> <p><b>Chair Zumba</b> <b>BAY A</b> 11.15am - 12.15pm</p>	<p><b>Taichi</b> <b>BAY A</b> 9.30am - 10.30am / 10.45am - 11.45am</p> <p><b>SG Active Morning Exercise</b> <b>Blk 118 Pavillion</b> 11.15am - 12pm</p>	
<p><b>Let's Lim Kopi (MEN)</b> <b>BAY C</b> 2pm - 4pm</p> <p><b>Rummy O Game</b> <b>BAY B</b> 2pm - 4pm</p> <p><b>Chair Yoga</b> <b>BAY A</b> 3.30pm - 4.30pm</p>	<p><b>KTV Together Karaoke</b> <b>BAY D</b> 1pm - 4pm</p> <p><b>Acrylic Painting</b> <b>BAY C</b> 1.30pm - 3.30pm</p> <p><b>Relaxing Yoga</b> <b>BAY A</b> 2.30pm - 3.30pm</p> <p><b>Relaxation Singing bowl Sound bath 3/4</b> <b>BAY A</b> 4.00pm - 5.00pm</p>	<p><b>312 Meridian Exercise</b> <b>BAY A</b> 1pm - 2pm</p> <p><b>Ukulele</b> <b>BAY C</b> 1.30pm - 3.30pm</p> <p><b>Paper Quilling Art</b> <b>BAY D</b> 2pm - 3pm</p> <p><b>Rummy O Game</b> <b>BAY B</b> 2pm - 4pm</p> <p><b>Singing Class</b> <b>BAY D</b> 3.30pm - 5pm</p>	<p><b>TCM</b> <b>BAY B</b> 2pm - 4pm</p> <p><b>Malay community Lim Kopi session</b> <b>BAY C</b> 3pm - 4pm</p> <p><b>Steel Combat Lite (MEN)</b> <b>BAY D</b> 3pm - 4pm</p> <p><b>Steel Combat (M+W)</b> <b>Blk 118A Playground</b> 6pm - 7pm</p>	<p><b>KTV Together Karaoke</b> <b>BAY D</b> 1pm - 4pm</p> <p><b>Rummy O Game</b> <b>BAY B</b> 2pm - 4pm</p> <p><b>Zhengde Primary School Art and Craft Activities</b> <b>BAY A</b> 2pm - 3:30pm</p> <p><b>Brisk Walking</b> 5pm - 6pm</p>	

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SAT

25	26	27	28	29	30
<p><b>SGH Community Nurse Post BAY B</b> 9am - 11am</p> <p><b>Senior Exercise BAY A</b> 9.30am - 10.30am / 10.45am - 11.45am</p>	<p><b>SGH Community Nurse Post BAY B</b> 9am - 4pm</p> <p><b>SPH-Current Affair BAY A</b> 10am - 12pm</p> <p><b>Meditation Programme (MEN) BAY D</b> 10am - 11am</p>	<p>CENTER CLOSED Whole Day</p>	<p><b>Zumba Gold BAY A</b> 10am - 11am</p> <p><b>Chair Zumba BAY A</b> 11.15am - 12.15pm</p>	<p><b>Taichi BAY A</b> 9.30am - 10.30am / 10.45am - 11.45am</p> <p><b>SG Active Morning Exercise Blk 118 Pavillion</b> 11.15am - 12pm</p>	
<p><b>Let's Lim Kopi (MEN) BAY C</b> 2pm - 4pm</p> <p><b>Rummy O Game BAY B</b> 2pm - 4pm</p> <p><b>Chair Yoga BAY A</b> 3.30pm - 4.30pm</p>	<p><b>KTV Together Karaoke BAY D</b> 1pm - 4pm</p> <p><b>Acrylic Painting BAY C</b> 1.30pm - 3.30pm</p> <p><b>Art exhibition opening ceremony BAY A</b> 2.00pm - 3.30pm</p> <p><b>Relaxation Singing bowl Sound bath 4/4 BAY A</b> 4.00pm - 5.00pm</p>	<p>CENTER CLOSED Whole Day</p>	<p><b>TCM BAY B</b> 2pm - 4pm</p> <p><b>Dementia Prevention - Healthy Tec (2/2) BAY A</b> 2pm - 4pm</p> <p><b>Steel Combat Lite (MEN) BAY D</b> 3pm - 4pm</p> <p><b>Steel Combat (M+W) Blk 118A Playground</b> 6pm - 7pm</p>	<p><b>KTV Together Karaoke BAY D</b> 1pm - 4pm</p> <p><b>Rummy O Game BAY B</b> 2pm - 4pm</p> <p><b>Birthday Celebration BAY A</b> 2pm - 4pm</p>	

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